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THE NEW FACILITATOR TRAINING PROGRAM: OUTREACH REBORN

by Carol Sabick de la Herran, PhD, MBA

Carol Sabick de la Herran is a Monroe Institute residential trainer and international OUTREACH Trainer, Monroe Products distributor, a TMI professional member since 1994, and a member of TMI's Board of Advisors. She holds degrees in psychology, law, international marketing, and energy medicine. Robert Monroe's challenge to "Get it out there!" has been a passion for Carol since she began training weekend workshops in Spain in 1995. As the Institute's new OUTREACH Coordinator, she is sharing her experience "on the road" with Facilitator Training Program participants who are helping others experience the benefit of the Hemi-Sync technology and programs.

"Get it out there! " That was one of Robert Monroe's final instructions to those who would carry The Monroe Institute vision forward after his passing. The goal of the rejuvenated *OUTREACH* program is to do just that. Bob's mandate will be implemented by well-trained and experienced facilitators who can lead people through the step-by-step expansion of consciousness so necessary in our world today.

Facilitator Training Program class of 2008

Simulations and lessons on using the iPod and other equipment were some of the highlights as twenty-four facilitators-in-training enthusiastically participated in the revised five-day Facilitator Training Program in October 2008. Held at the Nancy Penn Center, this was the second of three modules that together complete the training process so the graduates can bring TMI *OUTREACH* programs to communities all around the globe.

To simulate a sample weekend program, Patty Ray Avalon and I prepared the exercise room in the Nancy Penn Center as it would be prepared for a typical venue for a weekend program. Mats and blankets were placed on the floor to accommodate each participant.

In order to include all the details of the "real thing," each "participant" in the sample *EXCURSION* workshop actually filled out his or her registration form and "paid" the balance due for the course. The Hemi-Sync® exercises were sent by radio frequency to the participants' wireless headphones. All of them relaxed deeply to the accompaniment of some random snores and the chirping of birds in the trees outside. The strong group energy that is generated in this kind of environment supported each group member to open to very special experiences, even though it was supposedly a simulation, and everyone had done several week-long programs. The magic of Hemi-Sync is always apparent.

In the following days, the jam-packed schedule included more simulations of the skills needed to properly conduct the programs in line with the standards and guidelines of TMI. Participants worked with different types of equipment options and also received instruction in marketing and business skills. This insured that each of them could feel comfortable with the many different aspects of the "one-man show" that constitutes the EXCURSION weekend.

Participants in this initial training session came primarily from different areas within the United States. But we also had the company of Thomas and Nicole from Germany, Walter from Canada, Theresa from Japan, and David from Australia. An upcoming training session in Europe will include participants from twelve different countries.

Some modern technology has been incorporated into the Facilitator Training Program and the first module is completed online. After the second module at TMI, the third and final module takes place in the hometown of the prospective facilitators, where they organize one program for local participants. In that phase, the trainee is accompanied by an experienced mentor who guides the process and coaches him or her on how to improve skills or organization.

With the dedication and enthusiasm of these new TMI ambassadors, we are well on our way to fulfilling Bob Monroe’s command to “Get it out there.”

[Carol Sabick de la Herran was the main trainer of the program, ably supported by longtime residential trainer and now TMI Executive Director, Paul Rademacher, TMI Vice-President and Director of Programs, Darlene Miller, PhD, and experienced residential program facilitator, Patty Ray Avalon. Paul, Darlene, and Patty Ray provided valuable guidance during the simulations and assisted with participant evaluation.]